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Our 49th Annual General Meeting and Family Fun Day

On Saturday September 20th families, staff and board members came out to attend the Annual General Meeting of Reach Child and Youth Development Society, and afterwards enjoyed a day of games, prizes and excitement at the Reach Family Fun Day. Our 49th annual general meeting addressed this year's theme "Planting Hope, Harvesting Dreams" with speeches from Reach Executive Director Renie D'Aquila, Board President Marcia McCafferty, Board treasurer Jack Davidson, and board members.

At this year's AGM Reach celebrated a number of noteworthy achievements: a name change from Delta Association for Child Development; the addition of the new TEENS Social Saturdays group for youth with special needs who are on service waitlists; a mental health program with a children's play therapy component; a newly expanded and staffed library; new staff for our Connex program and contracted Occupational Therapist; and a new playground for children in North Delta at our satellite Play and Learn centre. This year 927 children benefited from programs and services at Reach, and 618 parents, professionals and other community members attended our workshops.

In the words of Reach Executive Director Renie D'Aquila and President Marcia McCafferty: *"When we look back we can only marvel at the number of families that Reach Society has helped over the years. We know that these achievements are the result of the efforts of an organization of people that share common values and a deep vision that all children should have the opportunity to reach their potential"*



**Thank you all for joining us
once again to celebrate!**



"BELIEVING IN POTENTIAL"

inside reach

is published quarterly and it is distributed free of charge to the membership of the Reach Child and Youth Development Society.

If you would like to receive this newsletter electronically please contact Reach at info@reachdevelopment.org and write "electronic newsletter" in the subject line.

If you would like to become a member of the Reach Child and Youth Development Society please call 604-946-6622 ext. 0 for more information.

If you would like to subscribe or unsubscribe to "inside reach" newsletter please call 604-946-6622 ext. 0 or email info@reachdevelopment.org and write "newsletter" in the subject line.

Submissions are welcome and accepted from members or non-members. Childrens writing or artwork submissions are welcome. Please include your contact information with your submission.

Submissions can be emailed to cnidoski@reachdevelopment.org with "newsletter" in the subject line, faxed to 604-946-6622 (please do not fax artwork), mailed or dropped off at the front desk. For more information about the "inside reach" newsletter please call 604-946-6622 ext.337.

Message from the President: awareness.....

There's a lot of awareness being spread this month. Did you know that not only is October Canadian Autism Awareness month, it is also Community Living month, Learning Disabilities Awareness month, Schizophrenia Awareness month, and Eye Health month?

So, why all this focus on awareness? Expanded awareness, it is hoped, will lead to empathy, to understanding, and to insight into what it might be like to stand in another person's shoes and face the day while living with a social, cognitive, emotional or medical challenge. There isn't a person on this planet who hasn't faced challenges, but the more vividly aware we become, the better we can imagine what it might be like to deal with an extreme, life-long challenge. With improved awareness it becomes easier to build a more physically and socially inclusive society. It becomes more difficult to ignore those who may have been marginalized in the past. It makes a practice of universal design seem obvious. Universal design is a relatively new way of looking at the way we might design anything: rather than focusing only on the majority or the average, we design for any and all potential users. Awareness

has helped to create this new paradigm, and the benefits are beginning to be felt by many. And the beauty of it is that it doesn't take anything away from anyone. It is a social win-win. We also need to be aware that poverty is often the experience of many of the individuals who face these enormous challenges. Poverty can compound difficulties that are already emotionally and physically taxing. Have you heard of the new Registered Disability Savings Plan? Families have more tools now to help prevent poverty being part of the lives of their children with special needs.



**Awareness leads to connectedness.
We are all in this together!**

*Marcia McCafferty, President
Reach Child and Youth
Development Society*

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Spaces available for Individualized Funding (IF) Program at Reach

For families that receive BC Government's Autism Funding and are looking for intensive behavioural intervention for their children, Reach's Individualized Funding (IF) Program now has spaces available. The IF Program is for children who are under age 6 and are currently on the waitlist for the Early Intensive Behavioural Intervention (EIBI) Program. The IF Program is based on the principles of Applied Behavioural Analysis (ABA), and provides a team of Behavioural Consultants and Behavioural Interventionists. For more information contact 604-946-6622, ext 343, or email at caroly@reachdevelopment.org



Reach Walks for Autism

October was Autism month, and to celebrate Reach Child and Youth Development Society took part in the first annual Walk Now for Autism, an event organized by Autism Speaks. The event took place on Sunday, October 19th at Swanguard Stadium in Vancouver.

'Team Reach', led by captain Elysa Philip, (manager of the Reach Positive Behavioral Support Program), proudly boasted over 86 team members (in bright green Reach t-shirts) running and walking in the event. So far Team Reach has raised over \$2,500, with donations still being tallied up.

Walk Now for Autism, North America's largest grassroots autism walk program, is Autism Speaks' signature fundraising and awareness event, taking place in communities across Canada, the United

States and the United Kingdom. Powered by volunteers and families with loved ones on the autism spectrum, this successful grassroots fundraising effort not only generates vital funds for autism research but also raises awareness about the increasing prevalence of autism and the need for increased research funding to combat this complex disorder. This year's BC Walk Now for Autism raised over \$260,000. For more information visit the Walk Now for Autism website at www.walknowforautism.org

Reach Child and Youth Development Society would like to thank everyone who joined Team Reach and especially those who supported walkers and runners with their generous donations.

Join us again next year!

Age-appropriate toys.....

by Yvonne McKenna, Reach IDP Consultant and Play Therapist

On a recent trip to a toy store I was amazed to realize that I could not find the simple, basic toys that I was looking for to add to our Infant Development Program toy library for ages birth to three years. I was looking for small cubes for stacking, beads with laces for stringing and chubby crayons for drawing. Where were these toys that children have used for decades? Unfortunately, they were replaced with toys that have switches and make noises, but do not really do much other than look pretty and play music. I'm all for music and pretty colours, but when it comes to toys – basic is better. Always ensure that the toy is safe: no loose parts, toxic substances, or choking hazards. Check recalls at: http://www.healthycanadians.gc.ca/pr-rp/pr-rp_e.php. Here are some suggestions for age-appropriate toys and some great website links that give ideas on how to play with your child:

Birth to 6 months – the Sensory Stage

- You! – Babies love faces, cuddles and gentle movements in your arms
- Mobiles – Either over the crib or in floor gyms, infants can watch the movement and start to bat and grab at the hanging toys.
- Rattles – Start with simple, light ones when your baby is ready to grasp then

add different ones to chew and pass from hand to hand.

- Activity quilts or blankets – Playing on the floor in a safe space helps your baby develop muscle strength. Some tummy time is good when your baby can tolerate it. To make it more fun, get on the floor, too.

6 months to one year – the Exploring Stage

- Nesting cups – Use store-bought ones or measuring cups. Your baby will take them apart, hit them together and chew on them; all good things for continuing to explore with the senses.
- Blocks – Choose blocks that are bigger than 1" (2.5 cm) for Baby to hold or choose bigger ones made of cloth. Stack them for Baby to knock down.
- Books – Cloth and cardboard picture books should be part of your baby's toy box from an early age. Your baby may chew on them at first, but will also start to learn literacy skills such as turning pages and pointing to pictures.

One to two years – the Independence Stage

- Walking/pushing toys – Babies learning to walk might like to lean on something

while they practice. It could be an overturned laundry basket or upright walking toy. Remember, infant walkers are illegal in Canada and may lead to injury and abnormal development.

- Play dishes and play food – Older babies are beginning to imitate. Have pretend tea parties and practice using dishes, utensils and play food. Repeat the names of these items while playing for language stimulation.
- Crayons or markers – You may think that your baby is too young for these and will eat or mouth them, but you can encourage scribbling for and display the 'art' on the fridge for all to see.

Above all, don't be swayed by the latest toy craze. You are your baby's best toy, so have fun!!

Websites:

Invest in Kids
www.investinkids.ca
Zero to Three
www.zerotothree.org
Family Resources Programs
www.parentingmatters.ca
Today's Parent
www.todayparent.com

You're doing a better job than you think you are.

The
BEST
THINGS
PARENTS
DO

SUSAN ISAACS KOHL foreword by M.J. RYAN

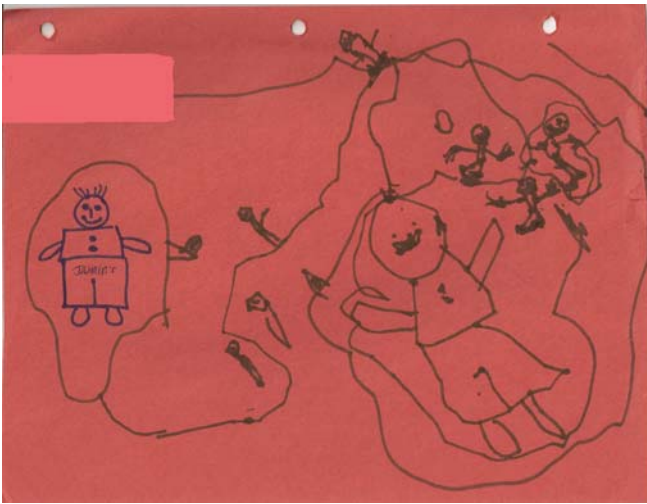
from the Reach Library....

Lisa Woudzia, Associate Executive Director, Reach Child and Youth Development Society

"The Best Things Parents Do" by Susan Isaacs Kohl is a gem. It covers a variety of topics that apply to parenting at all stages. It is a positive and optimistic book focusing on what we do, or can do, right instead of on all the mistakes we (inevitably) make as parents. Chapter titles include topics such as: Progress, Not Perfection; Opt for Optimism; Focus on Feelings; and Bring Out Their Best. Within each chapter there are a series of one to two page stories/essays that advise and enable us to easily relate. The book can be opened up and read anywhere, rather than requiring a cover to cover read. This is a good thing for busy parents who might find five minutes here and there, but not several hour blocks of time. If you would like to feel better about parenting and get some good (and well researched) advice, *I recommend this book.*

The Reach Library is open Monday to Friday from 9 to 4 p.m. at Reach Child and Youth Development Society, #3 3800 72nd st, Delta. Assistance is available for library or other consultation on Mondays with Dr. Lisa Woudzia, For more information call 604-946-6622 ext. 342.

From Reach Families & Children.....



Vikram's friends having fun!

This issue we are featuring drawings from children from the Reach EIBI (Early Intensive Behavioral Intervention) program.

Thanks for sharing your wonderful pictures with us Hannah, Liam, and Vikram!

**They are
really super!**



Hannah's Little Unicorn



Liam's 3 Billy Goats Gruff and
Troll Under the Bridge

Kids Friendship Club Winter Registration now open

Kids Friendship Club (KFC) is a place where children with special needs can play, socialize, share feelings and experiences, and learn more about social skills together and have fun. It is a 10-week program that runs once a week for 2 hours, with a child/staff ratio of 4:1. Our goal is to help strengthen your child's social skills through gentle guiding, coaching, and supporting their social interaction within the group. Winter session registration is now open:

Kids Friendship Club takes place at the Reach Play & Learn Centre - 11425 84 Ave. North Delta (between the North Delta Recreation Center and the Firehall Center for the Arts). The Cost is \$650 per child (Individualized Funding may be used for the Kids Friendship Club- please indicate if you are using IF upon registration).

KFC for 12 to 15 years old boys and girls takes place on Tuesdays, 6:30-8:30pm from January 6 to March 10, 2009.

KFC for 9 to 11 years old boys and girls will take place on Wednesdays, 6:00-7:30pm from January 7 to March 11, 2009.



Provincial and National News.....



British Columbia
Association for
Community Living

Province Proclaims October as Community Living Month

VICTORIA – The Province, Community Living BC and the BC Association for Community Living are supporting inclusiveness for people with developmental disabilities in their communities by proclaiming October 2008 as Community Living Month. Community Living Month celebrates the achievements of people with developmental disabilities, including independent living, workplace accomplishments and community and social participation. Community Living Month recognizes the hard work of individuals, families and community members to create inclusive communities and opportunities for all British Columbians with developmental disabilities.

Through numerous events during the month of October, the BC Association for Community Living is encouraging local

organizations to celebrate Community Living Month. The Province and Community Living BC (CLBC) are teaming up to host events in local community offices to spread awareness about the achievements of people with developmental disabilities. CLBC provides services to adults with developmental disabilities across the province, enabling them to live closer to friends and families and achieve their goals both socially and professionally. In July, CLBC and the Province awarded contracts worth \$1.1 million to community service providers to deliver customized employment services to adults with developmental disabilities – another step to help all British Columbians take part in the province's workforce.

This program is part of the Province's \$4.3-billion system of support for people with disabilities and the government's Disability Strategy to make B.C. a leader in Canada, as a place where all British Columbians with disabilities receive the supports and services they need. More information on the BC Association for Community Living's community events can be found on their website at www.bcacl.org.

Learning Disabilities

Awareness Month (article excerpt from the Learning Disabilities Association of Canada)



October was Learning Disabilities (LDs) Awareness Month across Canada. All during October the national network of learning disabilities services providers has been drawing attention to this widespread disability by generating grassroots activities that will raise Canadian awareness of learning disabilities and the challenges faced by these individuals and their families.

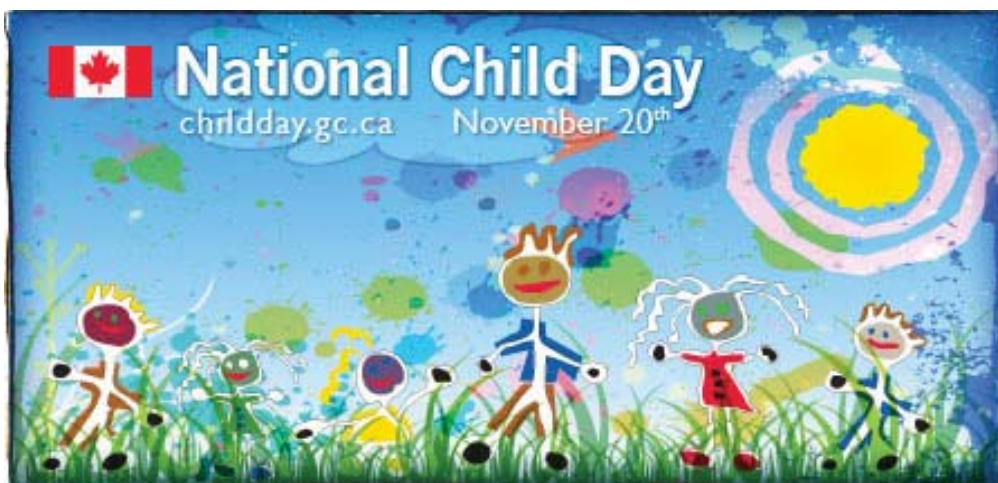
According to the 2006 Participation and Activity Limitation Survey (PALS) from Statistics Canada, more children in this country have a learning disability than all other types of disabilities combined.

Among Canadians aged 15 and over, learning disabilities increased considerably between 2001 and 2006 by almost 40 per cent to 631,000 people, making it one of the fastest growing types of disabilities in Canada that isn't related to aging.

Learning disabilities are a neurological condition that interferes with a person's ability to store, process, or produce information. It's a life long condition that affects one in ten Canadians with average or above average intelligence. LDs come in many forms and affect people with varying levels of severity. Regardless of age, race, creed, social or economic status, you probably will be touched directly or indirectly by someone with LDs.

October's LD Awareness Month has been about encouraging everyone in the learning disabilities community to make time to share with the public what it is they do and how it contributes to the overall well-being of the community.

For more information on learning disabilities and LD awareness month visit the Learning Disabilities Association of Canada website at <http://www.ldac-taac.ca>. This website will direct you to local chapters.



On November 20th, Canada's largest early learning and child care organization, The Canadian Child Care Federation, will celebrate National Child Day. National Child Day is an annual celebration of Canada's commitment to children's rights as a signatory to the United Nations Convention on the Rights of the Child. For more information please visit http://www.cccf-fcsgc.ca/ncdnov20_en.htm or the National Child Day Website at www.childday.gc.ca

Mark your calendars.....

Date	Name of event, description, cost	Location and Contact information
November 4th 6:30pm - 8:30pm Cost: \$15	Balancing Work, Family & Self Instructor: Lyndsay Sieger BA (Hon.), MA (cand.) is a therapist and group facilitator in private practice who has worked with adults, youth and families for the past 12 years. This workshop will discuss how to tell if your life is overburdened and what to do about it. It will also share some practical exercises that will help you to create a more satisfying life.	Kitsilano Community Centre 2690 Larch Street Vancouver, BC To register call 604 257-6976
Friday, November 14, 2008, Regular Rate Deadline: November 7 \$120 parents \$160 Professionals	The Art of Advocacy for Parents of Children with Special Needs , Clair Schuman, Executive Director, ACT This workshop offers parents an overview of how to develop skills they need to navigate successfully through the hurdles they may sometimes encounter. Using the school system as an example, parents are guided through the components of empowerment necessary to become an effective advocate for their child.	Fletcher Challenge Theatre, Harbour Centre – Downtown Campus, Simon Fraser University 515 West Hastings Street, Vancouver Online Registration: Go to www.actcommunity.net Bursaries: If you are low income and / or traveling to attend a workshop, ACT has some bursary funds available. Please apply for a bursary <u>before</u> registering. For more information: See www.actcommunity.net/Foot/bursaries.htm
Saturday, November 8th, 2008 9 am to 3 pm Cost: \$30 \$25 for LDAFS members	Supporting Your Child's Special Education A one day workshop by Parents and Caregivers of children with Learning Disabilities and/or Attention Deficit Disorder. Learn about your child's rights and entitlements for special education programs and services. Find out what you can do to make sure your child receives the best education possible. This course is especially helpful to those who are having difficulty getting the system to respond to their concerns. Relevant for all parents of children with exceptional needs at any age level.	Surrey Conference Centre, Building 400, Room 4 9260—140th Street Surrey, BC To register call 604-591-5156
November 12, 2008 6:30 - 8:30 pm Free	Emotional Regulation , Facilitated by: Pam Collins This workshop will help you learn some simple strategies to teach children about understanding and coping with their emotions. Presented by Reach Child and Youth Development Society	Reach Child and Youth Development Society #3 – 3800 72nd Street Delta To register, contact: Carol Ywan Tel: 604-946-6622, ext 343 or email: caroly@reachdevelopment.org
Thursday, November 13 to Friday, November 14, 2008 Cost: Members \$365 Non-members \$390 Advocates \$175	Canadian Association for Supported Employment (CASE) 2008 Working Matters Conference The Canadian Association for Supported Employment (CASE), in partnership with BCACL, is hosting the Working Matters 2008 Conference. This conference promotes workplace inclusion for people with disabilities and attracts leaders in the field of supported and customized employment.	The Westin Bayshore 1601 Bayshore Drive, Vancouver To register go to www.actbc.ca/workshops or call 604-205-5467 email: glenda@seatoskymeetings.com
November 14, 2008 9am - 4 pm Cost \$100	The Art of Advocacy for Parents of Children with Special Needs , Clair Schuman, E.D., ACT This workshop offers parents an overview of how to develop skills they need to navigate successfully in finding help for their children with special needs. This workshop is not disability-specific, but will be especially helpful for parents of children with “invisible” disabilities.	SFU - Harbour Centre Campus Fletcher Challenge Theatre, 515 West Hastings St., Vancouver, BC
Wednesday, November 19 th 6:30pm - 8:30 pm Free	New Parent Orientation for Families of Children with Autism Spectrum Disorder(ASD) : a one-evening program designed to help families whose children have recently received a diagnosis of autism spectrum disorder gain understanding of the diagnosis, receive information on treatments and government services, and find resources in their community.	Reach Play and Learn Centre, 11425 84 th ave, North Delta. To register call 604.946.6622 Ext. 343 or email caroly@reachdevelopment.org Space is limited. Pre-registration is required. Free childminding is available upon request.

1

THERAPIES: give a child the gift of speech or other needed therapies to reduce the wait list of over 60 children needing speech, occupational and/or physiotherapy. Help children receive therapy now when it is most critical to their future development so they can talk, walk, learn and grow.

2

LIBRARY & TOYS: accessing up-to-date information about child development, special needs and teaching approaches is essential for families and others supporting their child. Help families to support their children by funding our specialized Child Development Library and educational toys.

3

PROGRAM DEVELOPMENT: meeting the needs of our community means filling the gaps in service and developing needed programs. Help youth with special needs to overcome isolation, learn essential life skills, get ready for work and have an opportunity to have fun with peers.

4

EMERGENCY FAMILY SUPPORT: raising children with special needs places extra expenses on families. Help families through emergency times: respite care, groceries, formula, medical equipment and other essential items to allow them to maintain focus on supporting their child.

reach **4** children



Yes! I want to help you reach out to more children with special needs!

Direct my donation to: Where it is most needed
 1. Therapies 3. Program Development
 2. Library & Toys 4. Emergency Family Support

I can donate \$10/mth(for a year) \$50 \$100 Other \$ _____

Please charge my gift to my credit card: MC VISA

Card # _____ Expiry _____

Signature _____

In Memory/Honour of: _____

Donate online at www.reachdevelopment.org

Please make cheques payable to:



formerly known as the Delta Association for Child Development

All children should have the opportunity to reach their potential. Today, many children with needs are waiting for help. There are not enough specialized books and toys to lend to families and more and more families are experiencing hardships.

*Our new reach **4** children campaign focuses on 4 critical areas of need.*

Help us change the life of children with special needs today!